



Stuffed Acorn Squash

READY IN



70 min.

SERVINGS



4

CALORIES



664 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 acorn squash halved seeded
- 4 tablespoons brown sugar divided
- 4 tablespoons butter divided
- 1.5 cups chicken broth divided
- 4 servings garlic powder to taste
- 4 servings onion powder to taste
- 4 servings salt and pepper to taste
- 2 cups bread stuffing mix dry divided

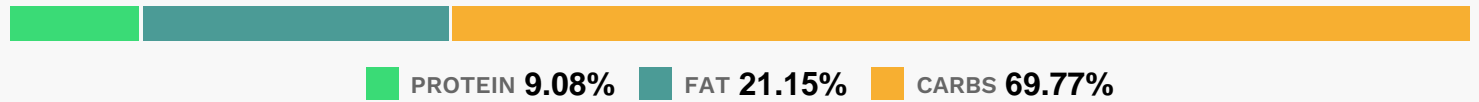
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place squash, face up, in a shallow baking dish. In each half place 2 tablespoons butter, 2 tablespoons brown sugar, 1 cup stuffing mix, 3/4 cup chicken broth, salt, pepper, garlic powder and onion powder. Wrap each half tightly with aluminum foil.
- Bake in preheated oven for 60 minutes, or until squash is very tender.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:24.10391292883%

Nutrients (% of daily need)

Calories: 664.32kcal (33.22%), Fat: 15.7g (24.16%), Saturated Fat: 8.24g (51.5%), Carbohydrates: 116.51g (38.84%), Net Carbohydrates: 110.69g (40.25%), Sugar: 21.95g (24.39%), Cholesterol: 33.05mg (11.02%), Sodium: 2281.91mg (99.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Selenium: 58.82µg (84.02%), Vitamin B1: 0.89mg (59.51%), Folate: 219.64µg (54.91%), Manganese: 0.97mg (48.68%), Vitamin B3: 7.81mg (39.07%), Vitamin B2: 0.55mg (32.38%), Iron: 5.62mg (31.23%), Fiber: 5.82g (23.29%), Phosphorus: 228.59mg (22.86%), Magnesium: 87.48mg (21.87%), Potassium: 745.76mg (21.31%), Vitamin B6: 0.41mg (20.39%), Copper: 0.39mg (19.62%), Calcium: 173.48mg (17.35%), Vitamin A: 749.43IU (14.99%), Vitamin C: 12.12mg (14.69%), Vitamin B5: 0.97mg (9.71%), Zinc: 1.45mg (9.66%), Vitamin E: 0.83mg (5.55%), Vitamin K: 2.33µg (2.22%), Vitamin B12: 0.07µg (1.08%)